

Mustard and Herb-Crusted Trout



Ingredients

- 1 1/2 (1-ounce) slices sourdough bread, torn
- 2 (6-ounce) rainbow trout fillets
- Cooking spray
- 1 tablespoon Dijon mustard
- 1/2 teaspoon dried tarragon
- 1/4 teaspoon paprika
- 2 lemon wedges

Preparation

- Preheat oven to 450°.
- Place bread in a food processor; pulse until crumbly. Place the trout, skin side down, on a jelly roll pan coated with cooking spray. Combine mustard and tarragon; spread over top of fish. Sprinkle fish with breadcrumbs and paprika; lightly coat with cooking spray. Bake at 450° for 10 minutes or until fish flakes easily when tested with a fork. Serve with lemon wedges.